



**CITY OF GREENSBORO
FOR IMMEDIATE RELEASE**

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Police vs. Fire “Biggest Winner Challenge”

GREENSBORO, NC -- (February 9, 2010) -- The Greensboro Sportsplex of the Greensboro Parks & Recreation Department has partnered with CrossFit Greensboro, and Triad Complete Nutrition to sponsor a “Biggest Winner Challenge” fundraiser competition between members of Greensboro’s police and fire departments. Over the next eight weeks, ten athletes from each department will “battle it out” to see who can lose the most weight and body fat. Triad Complete Nutrition will oversee the nutrition while CrossFit Greensboro will train the athletes on location at the Greensboro Sportsplex. Each team will have weekly weigh-ins along with fitness and sporting competitions to earn extra weight loss.

In addition, the team raising the most money for a local charity of their choice will be rewarded with extra weight loss. Police participants will be raising money for the Juvenile Diabetes Research Foundation while the firemen will raise money for the Jaycee Burn Center. Each individual will contribute \$50 for a total of \$1,000, which will go to the winner’s charity. Triad Complete Nutrition and CrossFit Greensboro will also offer nutrition and fitness seminars for companies that make certain levels of sponsorship donations. The goal of the challenge is to raise over \$10,000 for local charities.

Police Chief Tim Bellamy and Fire Chief Greg Grayson have agreed to participate in this competition as their schedules permit with the goal of supporting a healthier and fit lifestyle in their departments. Media partners and corporate sponsors are encouraged to get involved in the Challenge and help make this event even more successful for the charities.

For more information, visit the “Biggest Winner Challenge” at: www.Crossfitgreensboro.com, or online at: www.greensborosportsplex.com. The websites will feature bios on the participants, links to the charities, donation information and provide a way for citizens to support their favorite team or athlete. For more information, please call John Meeks at 336-373-3280.

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The City of Greensboro works in partnership with the community to build an increased quality of life for all residents by fostering an environment where inclusion, diversity, and trust are valued. As the seventh largest employer in Greensboro, the City has a dedicated professional staff of 2,700 employees, who maintain four core values of honesty, integrity, stewardship, and respect. The City of Greensboro is governed by a council-manager form of government where a mayor and eight council members act as the legislative body. For more information on the City of Greensboro, please visit us online at www.greensboro-nc.gov.